

Maryland 2015 Falls Prevention Awareness Week Activities

Organization	County	Activities (<i>please describe the activity; provide the date(s), location, etc.</i>)	Contact Person	Contact person's email address
Community Preservation and Development Corporation	Anne Arundel	<p>Wiley H. Bates Senior Apartments - 1103 Smithville Street Annapolis, MD 21401 September 22, 2015: 10:00am - 10:30am Fall Prevention Workshop conducted by the Outreach Nurses of Anne Arundel Medical Clinic</p> <p>Tai Chi from 2:00pm-2:45pm in Community Room</p>	Karon Phillips Adriane Lee-Duff	<u>kphillips@cpdc.org</u> <u>alee-duff@cpdc.org</u>
Allen Center 1404 S. Charles St. Baltimore, Md. 21230	Baltimore City	<p>Fall Prevention- Capable September 14th 10:30-11:30</p> <p>"I've Fallen and Can't Get Up" - Theatrical Presentation and Q and A with Ice Cream Social September 16th 12:45-1:45pm</p>	Ryta Arrington 410-685-6225	<u>c.arrington@allencenter.comcastbiz.net</u>

<p>Forest Park Senior Center 4801 Liberty Heights Ave. Baltimore, Md. 21207</p>	<p>Baltimore City</p>	<p>A Presentation on Falls Prevention by Capable Study September 3, 2015 11:00 a.m.</p> <p>Health & Wellness Activity by Lewis Neil (Chair Aerobics Instructor) September 22nd 12:30p.m.</p>	<p>Daniel Worthy 410-466-2124</p>	<p><u>Forestparkseniors@yahoo.com</u></p>
<p>Greenmount Senior Center 425 E. Federal Street. 21202</p>	<p>Baltimore City</p>	<p>Yoga Start a 6 week course of strength building through Yoga. Goal is the improve balance and flexibility to prevent falls September 23, 2015 2:00-3:30pm</p>	<p>Angela Lee 410-396-3552</p>	<p><u>Kally1026@gmail.com</u></p>
<p>Harford Senior Center 4920 Harford Road Baltimore, Md. 21214</p>	<p>Baltimore City</p>	<p>Fall Prevention Workshop, Presented by Future Care September 21, 2015 12:00-1:30pm</p>	<p>Curleen Davis 410-246-4009</p>	<p><u>Cdavis@gedco.org</u></p>
<p>BCHD- Hatton Senior Center 2825 Fait Ave. Baltimore, Md. 21224</p>	<p>Baltimore City</p>	<p>Future Care- Canton/ Harbor Balance and Vision Presentation September 24, 10am</p> <p>Exercise With Adrienne Balance Exercise, 5 simple techniques to improve</p>	<p>Adrienne Blumberg 410-396-9025</p>	<p><u>Adrienne.Blumberg@baltimorecity.gov</u></p>

		balance and prevent Fall, Tips Sheet and Night Lights for participants. Weekly- Wednesdays starting, September 2, 2015		
John Booth Senior Center 2601A E. Baltimore Street. Baltimore, Md. 21224	Baltimore City	Stepping On – Kick Off Evidence based fall prevention program designed to reduce fall through strength building and other techniques. September 25 – October 26, 2015	Rosalee Velenovsky 410-396-9202	<u>Rosalee.velenovsky@baltimorecity.gov</u>
Edward A. Myerberg Center 3101 Fallstaff Road Baltimore, Md 21209	Baltimore City	Fall Prevention Seminar- Licensed Physical Therapist, Jill Hornstein- will discuss free and low cost options for reducing fall risks in homes. She will follow with exercises to improve balance and gate, strategies for reducing injuries, and methods for getting up or getting help when a fall does occur. Date TBD because of Jewish Holidays	Autumn Sadovnik 410-358-6856	<u>autumn@myerberg.org</u>

<p>Senior Network of North Baltimore 5828 York Road Baltimore, Md. 21212</p>	<p>Baltimore City</p>	<p>Fall Prevention Seminar Capable Study September 10, 11:00 am</p> <p>Tai-Chi Balance demonstration, talk on Better Balance and Better Health September 21, 2015 11:00- 12:30</p> <p>MedStar Good Samaritan Hospital Deborah Bena, MA, BSN, RN, FCN Fall Prevention Information Session and Balance Screening for Seniors. September 23, 2015 11:00 am -12:00 pm</p>	<p>Gwendolyn Lloyd 410-323-7131</p>	<p><u>glloyd@gedco.org</u></p>
<p>Oliver Senior Center 1700 Gay Street Baltimore, Md. 21213</p>	<p>Baltimore City</p>	<p>Fall Prevention Seminar Fall Prevention Home Safety Check List- check list to make homes safer.</p> <p>Wal-Mart Pharmacy review medications.</p> <p>September 23, 2015 10:30 am - 12noon</p> <p>Special Lunch</p>	<p>Karen Wheeler 410-396-3861</p>	<p><u>Karen.Wheeler@Baltimorecity.gov</u></p>

<p>Waxter Senior Center 1000 Cathedral Street Baltimore, Md. 21201</p>	<p>Baltimore City</p>	<p>Fall Into Fitness A free all-day event dedicated to addressing the common factors leading to a fall: balance and gait, vision, medications, chronic conditions and the home environment. Health screens, free consultations, group exercise classes and food demonstrations will be available all day with special guest Ernestine Shepherd. September 23, 2015</p>	<p>Erika DesRavines 410-396-1324</p>	<p><u>Erika.DesRavines@baltimorecity.gov</u></p>
<p>Zeta Center for Healthy and Active Aging 4501 Reisterstown Road 21215</p>	<p>Baltimore City</p>	<p>Free Exercise Classes- Classes to help seniors improve balance and reduce falls. Classes offered include body tune-up, yoga, gospel aerobics, line dance. Classes are free to encourage people to make exercise a part of strength and balance maintenance and aid in the reduction of falls among older adults. September 21 - 25, 2015</p>	<p>Leslie Yancey 410-396-3535</p>	<p><u>Leslie.Yancey@baltimorecity.gov</u></p>

<p>Johns Hopkins Bayview Medical Center</p>	<p>Baltimore City</p>	<p>Fall Prevention information on 75 public address screenings through Johns Hopkins Health System for the month of September</p> <p>Fall Prevention Awareness Fair Francis Knott Pavilion Conference Room September 17, 2015 11 AM – 2:30 PM <i>All are invited</i></p> <p>Fall Prevention Brochure Developed by the Community Fall Prevention Strategic Initiative committee for distribution in the community setting</p>	<p>Marie Dieter MSN, MBA, RN, CEN</p>	<p><u>mdieter4@jhmi.edu</u></p>
<p>Johns Hopkins Bayview Medical Center</p>	<p>Baltimore City</p>	<p>Quest for Zero Falls at Johns Hopkins Bayview Keynote Address at the National Fall Prevention Conference in Los Angeles, CA September 21, 2015 By Linda Goodman, MS, RN-BC And Stacey Schaab RN, MBA, LNHA, CPHQ</p>	<p>Linda Goodman, MS, RN-BC Stacey Schaab, RN, MBA, LHNA, CPHQ</p>	<p><u>lgoodman@jhmi.edu</u> <u>aschaab1@jhmi.edu</u></p>

<p>The Johns Hopkins Hospital - Adult Trauma 1800 Orleans Street Sheikh Zayed Tower - Suite 6107 Baltimore MD 21287</p>	<p>Baltimore City</p>	<p>Adult Trauma Department plans to have information available on targeted units where patients and families are seen as inpatients and outpatients due to injuries sustained in falls.</p>	<p>Kathy Noll</p>	<p><u>knoll@jhmi.edu</u></p>
<p>BCDA</p>	<p>Baltimore County</p>	<p>Will host a Gait Way 2 Better Balance Event @Get Ready, Get Set, Get Fit <u>5K Run/Walk</u> <u>1 Mile Walk</u> Sunday, September 20, 2015 7:30 – 10:30 a.m. CCBC – Essex Campus 7201 Rossville Blvd. - 21237 Balance Screenings, fall prevention education, BP screening, medication checks and seated massages</p>	<p>Donna Bilz, Program Coordinator</p>	<p><u>dbilz@baltimorecountymd.gov</u></p>
<p>Pikesville Senior Center</p>	<p>Baltimore County</p>	<p>Balance and Gait Testing Fall Prevention Education September 10, 2015 12:30 p.m. – 3 p.m. 1301 Reisterstown Road – 21208</p>	<p>Karen Bowling, Assistant Director</p>	<p><u>kbowling@baltimorecountymd.gov</u></p>

<p>Cockeysville Senior Center</p>	<p>Baltimore County</p>	<p>Health Fair September 28, 2015 9 a.m. – 1 p.m. Cockeysville Senior Center 10535 York Rd. – 21030 Fall prevention information and screenings provided</p>	<p>Hanna Sacks, Assistant Director</p>	<p><u>hsacks@baltimorecountymd.gov</u></p>
<p>North Carroll Senior & Community Center Carroll County Maryland</p> <p>2328 Hanover Pike Hampstead, MD 21074</p>	<p>Carroll County</p>	<p>1. Fall Prevention Display with posters, flyers & handouts in main senior center hallway through September with new material weekly.</p> <p>2. Article in September newsletter</p> <p>3. Fall Prevention brochures & information for instructors of all physical activity classes. Instructors will present helpful fall prevention information as part of their instruction.</p> <p>4. Fall Prevention information will be distributed at “Fall Into Fall” theme” meal on September 23.</p>	<p>Renee Deiacio</p>	<p><u>northcarrollsc@ccg.carr.org</u></p>

<p>Taneytown Senior & Community Center</p>	<p>Carroll County</p>	<p>Taneytown Senior & Community Center will be promoting National Falls Prevention Week by: Dedicating a posting area for Fall Prevention Materials</p> <p>Special Luncheon to be held on September 23</p> <p>Game Night on September 22</p> <p>Open House on September 24</p> <p>Special Farms Days Event on September 25</p> <p>Articles Included in the September 2015 "Taneytown Senior Center Newsletter "The Senior Voice" Falls and Older Adults (source National Institute on Aging) Exercise to Improve Your Balance (source www.nia.nih.gov/Go4Life) Fall Proofing Your Home (source www.nia.nih.gov/Go4Life)</p>	<p>Ruth Martin</p>	<p><u>rhmartin@ccg.carr.org</u></p>
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		<p>Exercise Classes: 3 Exercise Classes on Fall Prevention: Monday September 21 - Staying Fit Exercise Class</p> <p>Wednesday September 23 - Arthritis Exercise Class</p> <p>Thursday September 24 - Better Health & Wellness Exercise Class</p>		
South Carroll Senior Center	Carroll County	<p>Blood Pressure Checks by Carroll Hospital Center September 8 10:45-12:00</p> <p>Free classes: Strength and Balance September 14 3:00- 4:00 PM</p> <p>Tai Chi Beginner Level September 15 9:15-10:15 AM</p> <p>Fall Prevention Activities September 21-25 Find all the room hazards in our "I Spy Room Hazards" activity and receive a free pocket note pad</p>	Melissa Cougnet	<u>mcougnet@ccg.carr.org</u>

		demo of Fall Prevention exercises; September 3rd 10 Warning Signs of Parkinson's Disease		
Mt. Airy Senior and Community Center 703 Ridge Avenue Mt. Airy MD 21771	Carroll County	375 newsletters with the proclamation plus 2 pages of information, 2 fall prevention talks during lunch. All physical activity class instructors encouraging ways to prevent falls through strengthening exercises in class: 3 CCC better health & wellness classes, yoga, seated yoga, tai chi, beginners tai chi, 2 zumba gold classes, arthritis exercise class. Flyers and Information posted around the center Fall prevention program September 28th	Angie Walz	<u>awalz@ccg.carr.org</u>
Cecil County Department of Community Services	Cecil County	Several handouts to include: Preventing Slips & Falls Medications Linked to Falls Fall Risk Factors Home Safety Checklists	Teresa Gordon	<u>tgordon@ccgov.org</u>

		<p>What You Can Do To Prevent Falls Stay Independent Keeping Safe Prevent Falls Take Control: Six Steps to Prevent a Fall All handouts will be read and discussed.</p>		
Richard R Clark Senior Center	Charles County	<p>Matter of Balance Aug 12- Sept. 23</p> <p>FREE Yoga Classes Sept 8 & Sept 25</p> <p>Fall Prevention class Sept 15</p> <p>Medicine Interaction Sept 16</p>	<p>Ruth Anderson Cole</p> <p>Debi Shanks</p> <p>Florence Robey</p> <p>Florence Robey</p>	<p><u>coler@charlescountymd.gov</u></p> <p><u>shanksd@charlescountymd.gov</u></p> <p><u>robeyf@charlescountymd.gov</u></p> <p><u>robeyf@charlescountymd.gov</u></p>
Indian Head Senior Center	Charles County	<p>FREE Yoga class Sept 4 & Sept. 26</p> <p>CDSMP Sept 24</p> <p>FREE Tai Chi Sept. 23</p>	<p>Debi Shanks</p> <p>Cynthia Simmons</p>	<p><u>shanksd@charlescountymd.gov</u></p> <p><u>Simmmoc@charlescountymd.gov</u></p>
Charles County Government Office on Aging	Charles County Waldorf Senior Center	<p>Walk with Ease Thursday & Wednesday Sept 3-Oct. 4</p>	<p>Ann Walter</p>	<p><u>waltera@charlescountymd.gov</u></p>

		<p>FREE Yoga Tue., Sept 15 Thu, Sept 30</p> <p>No More Falls Thu, Sept 17</p> <p>A Matter of Balance Thursday Sept 17 12:45p.m.</p> <p>Walk Fit Tues & Thursday All of Sept. 9:30-10:30 a.m. Heart Healthy Tues. Sept 4</p>	<p>Debi Shanks</p> <p>Anita Butler</p>	<p><u>Shanksd@charlescountymd.gov</u></p> <p><u>butlera@charlescountymd.gov</u></p>
Office on Aging	Howard County	<p>Matter of Balance Workshop Bain Center Wednesdays, September 23rd 2015 – November 4th 2015 1-3:00 PM</p>	<p>Wendy Farthing Health and Wellness Coordinator</p>	<p><u>WFarthing@howardcountymd.gov</u></p>
Office on Aging	Howard County	<p>Better Balance</p>	<p>Jennifer Lee Health Promotion Specialist</p>	<p><u>JLee@howardcountymd.gov</u></p>
Office on Aging	Howard County	<p>“Start Your Adventure” Balance Assessment / Fall Prevention Education Glenwood 50+ September 30, 2015 9:30-12:30 PM</p>	<p>Cathy Burkett Assistant Director Glenwood 50+</p>	<p><u>CBurkett@howardcountymd.gov</u></p>

<p>Office on Aging</p>	<p>Howard County</p>	<p>Health & Assertive Technology Learn how Health & Assistive Technology can enhance your independence while increasing your safety using personally selected devices.</p> <p>Ellicott City 50+ Center 9401 Fredrick Road Ellicott City, MD 21042 Friday, September 25, 2015 9:30 am</p> <p>Glenwood 50+ Center 2400 Route 97 Cooksville, MD 21723 Wednesday, September 9, 2015 10:30 am</p>	<p>Vicki Stahly Assistant Director Ellicott City 50+ Center</p> <p>Cathy Burkett Assistant Director Glenwood 50+ Center</p>	<p><u>VStahly@howardcountymd.gov</u></p> <p><u>CBurkett@howardcountymd.gov</u></p>
<p>Office on Aging</p>	<p>Howard County</p>	<p>Wii, Wii Check Your Balance Use the Wii Fit board to check your balance and test your fitness age. East Columbia 50+ Center 6600 Cradlerock Way Columbia, Maryland 21045 Tuesday, September 8, 2015 10:00 am - 1:00 pm</p>	<p>Meridy McCague Director East Columbia 50+ Center</p>	<p><u>MMccague@howardcountymd.gov</u></p>

Office on Aging	Howard County	Fire & Fall Prevention Lunch 'n Learn- Remembering When Tips on fire and fall prevention from Howard County Fire & Rescue. North Laurel 50+ Center 9411 Whiskey Bottom Road Laurel MD 20723 Wednesday, September 30, 2015 12:15 -1:15 pm	Trish Olsen Director North Laurel 50+ Center Nancy Riley, Director North Laurel Senior Center Plus	<u>TOlsen@howardcountymd.gov</u> <u>NRiley@howardcountymd.gov</u>
Office on Aging	Howard County	Orthopedic Associates Presentation Learn to prevent falls by attending this presentation. Bain 50+ Center 5470 Ruth Keeton Way Columbia, MD 21044 Thursday, September 24 10:00-11:00 am	Linda Ethridge, Director Bain 50+ Center	<u>LEthridge@howardcountymd.gov</u>
Commission on Aging, Inc./AAA	Washington County	Senior Center - Provided handouts and awareness on September 23, 2015	Kim Torsiello	<u>ktorsiello@wccoaging.org</u>
Commission on Aging, Inc./AAA	Washington County	Home Delivered Meals – Give information with meal week of September 20th 2015	Sharon Corbett	<u>scorbett@wccoaging.org</u>
Commission on Aging, Inc./AAA	Washington County	Provide fact sheet - education awareness at 7	Beth Levine	<u>belliott@wccoaging.org</u>

		congregate sites the week of September 20th 2015		
Commission on Aging, Inc./AAA	Washington County	Have educational items available in MAP Department for clients week of September 20th 2015	Belinda Graff	<u>bcorbett@wccoaging.org</u>
County Gov't and Rec Reaction Dept.	Worcester County	Health Fair "Falls Prevention and General Health Fair" Wed. Sept 23rd 2015 Worcester County Recreation and Parks Building – Snow Hill MD Over 25 vendors- Home Health, Physical therapist, exercise demos, Adaptive devices, Falls prevention Programs	Lea Cataggio	<u>lcataggio@co.worcester.md.us</u> <u>lmc513@msn.com</u>
MAC's Healing Rose Garden	Worcester County	Display table with falls prevention materials	Leigh Ann	<u>Lae2@macinc.org</u>